FOUND IN TRANSLATION

Indigenous peoples co-develop act aimed at protecting, preserving and revitalizing languages

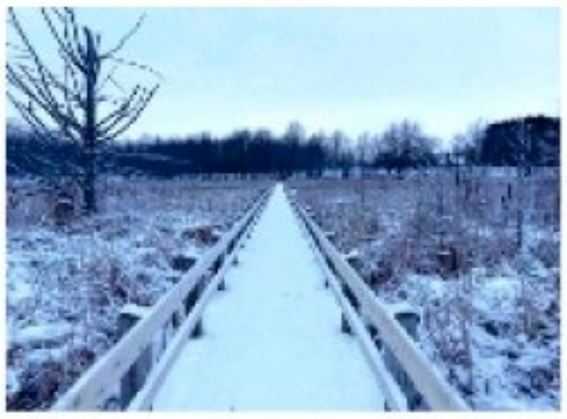
metroNEWS

Ottawa metro

Your essential daily news | WEDNESDAY, DECEMBER 7, 2016 | High 2°C/Low -4°C More snow

DOGS ON DOPE

metroLIFE



THE VALUE OF MOTHER NATURE

NCC adds to development discussion by crunching numbers metroNEWS

Paramedics fight back over damning report

EMERGENCY SERVICES

Potentially deadly slow response times revealed

Haley Ritchie
Metro | Ottawa

The Ottawa Paramedic Service is disputing a damning report from the Ministry of Health that criticizes the city's paramedic dispatching service.

The investigation started after a municipality that shares ambulances with the city complained about an Aug. 6 incident. Last month, a number of neighbouring municipalities released a joint statement that said rural ambulances were being diverted to downtown Ottawa.

Revealed in the report, made public late Monday, are accusations of potentially deadly slow response times, misguided dispatching protocols and inconsistencies in record keeping.

The report is highly critical of an unusual policy that automatically takes paramedic teams out of service for 30 minutes following a patient being delivered to hospital. In one deadly incident on Stonehenge Crescent, dispatchers spent 17 minutes trying to arrange an ambulance — reassigning the call three times — while firefighters on scene attempted to resuscitate a patient.

Around midnight on Monday, Anthony Di Monte, general manager of emergency services, sent out a strongly worded email to councillors.

Di Monte said he "strongly disagrees" with several conclusions in the report and plans to "fact-check" the document. He also expressed disappointment that Prescott-Russell posted the report to its municipal website.

"We need to — instead of commit a knee-jerk reaction — we need to look at it factually," said Coun. Scott Moffat, who successfully advocated in October to increase funding for paramedics.

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metro NEWS

Your essential daily news

Social media firms team up to identify and stop the spread of terror propaganda. **World**

Gear up or gear down

Veteran winter cyclist weighs in on his past experiences while pedalling through the city's snowy streets, and offers a few tips to those feeling a little 'crazy.'

ADAM KVETON/FOR METRO

Adam Kveton
For Metro | Ottawa

If there were two camps of winter bikers, Matt Hyde would be in the K.I.S.S. camp.

An avid cyclist who has been biking through the winter for the last three years, Hyde has a simple setup that keeps him dry and safe despite the snow. In fact, he rides a bike with only one speed, no brakes, and skinny tires. But he readily admits his way is not the only way.

After pulling Hyde away from Kunstadt Sports, where he works as a technician, he laid out some of the essentials and different options.

For all those who've wondered, Hyde says, yes, "It takes a little bit of crazy to do what we do." Though he said it's really just crazy confidence.

"If you have a bike, you can winter ride," he said, but that doesn't mean you should. You need to be confident biking out on the road already, and if you're unsure of the weather conditions, trust your gut and don't ride. For instance, if the forecast is calling for freezing rain, or if several feet of snow fell over night, even Hyde sometimes decides to take the bus.

When it comes to gear, there are many options, but few requirements.

Hyde considers waterproof pants, jacket and footwear essentials.

When it comes to the bike, Hyde rides something he's not worried about damaging. And while the lack of brakes might sound unsafe, his fixed gear bike gives him control over his wheels.

His tires are also very thin, meant to cut through the snow. Fat tires, on the other hand, are meant to spread the snow and sit on top of it while metal-studded tires can bite into ice. There are many options, but it all depends on how confident you feel with what setup, and how much you have to spend.

1 TIRES
You can go fat, skinny or metal-studded. Skinny cuts through snow, fat pushes and sits on top, while studded keeps traction on ice.

2 BRAKES
For the high-end, disc brakes will stop you when rubber pads on rim brakes slide. Or you can go with no brakes and a fixed-gear bike.

3 GEARS
Whether you go with one gear or several, most winter bikes have an easier ratio so you can keep pushing through the snow.

4 JACKETS, PANTS, ETC.
Waterproof jacket, pants and shoes are high on the list of essentials.

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A bridge by any other name

INFRASTRUCTURE

Residents asked about Airport Parkway crossing

Residents are being asked if now is the time to give the Airport Parkway bridge a new name. ERIN MCCRACKEN/METROLAND MEDIA

Think the Airport Parkway pedestrian and cycling bridge needs an official new moniker?

River Coun. Riley Brockington, whose ward includes the two-year-old span, is now testing the waters to see if there is appetite among residents to officially name the structure.

"I've just noted since it opened, the Airport Parkway bridge, which is what people call it, really doesn't have an official name," said Brockington. "With 2017 coming, it may be an ideal year when we commence a public process when we commemorate the bridge."

If residents opt to choose a new handle, it will have to go through the city's commemorative naming process, similar to the steps taken to rename the Heron Road Bridge as the Heron Road Workers Memorial Bridge this summer.

A decision on whether to proceed with the naming of the pedestrian and cycling bridge will be made in the New Year, said Brockington.

He pitched his idea to his neighbour Coun. Diane Deans, whose Gloucester-Southgate Ward is located to the east of the Airport Parkway bridge. Many residents use the bridge to travel back and forth between Hunt Club and the South Keys Shopping Centre and the transitway there.

Her ward's cycling advisory committee and community associations also provided input on the bridge's design.

"It's a significant landmark in the city," Deans said, "and it's a gateway feature to the nation's capital. I think it deserves a name of significant status."

Brockington said some of his residents want a new name, while others don't. Some are still upset with the delays in building the structure, he said.

It opened at the tail end of the last term of council in late November 2014, well past its 2011 construction start date. It took years rather than the expected eight months to complete.

> **It's a gateway feature to the nation's capital.**
> Coun. Diane Deans

Its $6.9-million budget was left in tatters, ballooning to $11.55 million, largely due to the faulty design of the bridge's first tower, which crumbled and had to be rebuilt.

The city is now in the legal throes of trying to recoup $5.8 million from the designer and main contractor of the bridge, WSP Canada Inc., known at the time as Genivar.

And while some aspects of the litigation have been resolved, the claims are still outstanding, he wrote, noting that if the lawsuit goes to trial, a decision could be several years away.

But that's not why John Sankey is opposed to naming the bridge anything other than the Airport Parkway bridge. "It means something to us, a sense of where it is and where it goes," said the longtime Hunt Club resident and past president of the Hunt Club Community Organization.

"You give something the name of some whozit in the middle of the civil service, such as Sheflin, and nobody knows who he was or why his name is on the bridge and he could be absolutely anywhere in the world and have that kind of a name," Sankey said, referring to the Michael J.E. Sheflin Bridge, more commonly known as the Hunt Club Bridge.

"It's the same with the Airport Parkway bridge," he said. "It's simply known as the bridge or the Airport Parkway bridge."

But Christine Johnston, the association's current president, said when Brockington broached the naming idea with her, she quickly got on board. "I think it personalizes a community, gives a sense of history," she said of the well-used structure.

ERIN MCCRACKEN/METROLAND MEDIA

BAYVIEW SITE

Changes to plan blasted

An advisory team is being pulled together to work with River Ward's councillor and the developer of the vacant Bayview site before concept plans for the site are set in stone.

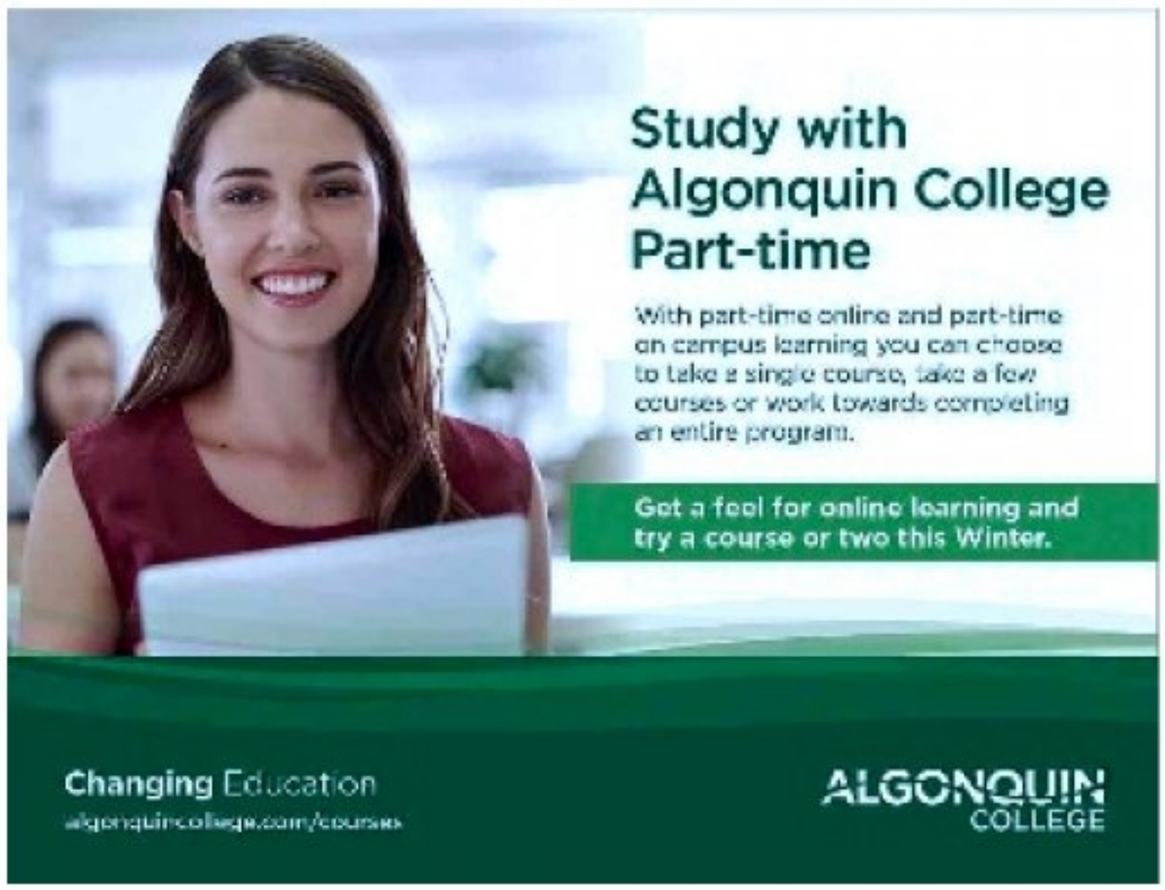
The group will be made up of Riverside Park residents and members of the Riverside Park Recreation and Community Association, who will be tasked "to try and get what's best for the community," Craig Searle, vice-president of the association, said during a recent community meeting that drew an estimated 90 people to the Riverside Churches to discuss changes made to the Bayview concept plan earlier this year.

"Maybe we'll have an impact of where things go and tweak them," said Searle, who walked residents through changes made to a community concept plan for the 4.3-hectare parcel on Riverside Drive.

Many residents are upset the plan, which was approved by council in 2009, now makes room for ground-floor retail shops fronting Riverside Drive, that a multi-use park replaces a field house and sports field and that green space has been scaled back.

In response to concerns raised, River Coun. Riley Brockington noted that public consultation meetings will be triggered when the developer submits zoning, subdivision and site plan applications. As well, he said the multi-use park at the site will be developed based on community feedback.

ERIN MCCRACKEN/METROLAND MEDIA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The NCC has more than 55,000 hectares worth of land, mostly green space. A new report says those wetlands, forests and grasslands provide a service worth $332 million per year. COURTESY CREATIVE COMMONS / ERIK PUTRYCZ

City's green space worth some green

ENVIRONMENT

Study values it at $5B every 20 years

Adam Kveton
For Metro | Ottawa

Sure, you can't put a price on nature. But if you could, how much would the National Capital Commission's thousands upon thousands of hectares of green spaces be worth?

A newly released study has come up with a dollar figure.

The NCC and the David Suzuki Foundation calculate that the total economic value of all natural and cultivated NCC green space averages $332 million a year. The study says that works out to $5 billion over a 20-year period, if you consider the net present value of all the ecosystem services.

Those services include agricultural products created in the green spaces, climate regulation, recreation, pollination services, erosion control, habitat biodiversity and waste treatment.

The report is one way the NCC is joining the conversation around land usage and development, where numbers rule, says Christie Spence.

"(The study shows) yes, (these lands) actually do have real value, and if we lose some of these services we are going to have to pay for them another way," said Spence, the NCC's senior manager of natural resources and land management.

"We are going to have to replace them, because they are not superfluous. They are not bonuses. They are things that we require for our standard of living, for our quality of life and basic functions as well."

On a per-hectare basis, the most valuable kind of NCC green spaces are wetlands, worth $59,394 per hectare per year.

The study looked at ecosystems in Gatineau Park, the Greenbelt and the NCC's urban lands — areas that include agricultural land, recreational areas and other types of sites, such as parkways, parking lots, picnic areas and trails.

Similar studies have been done for Ontario's Greenbelt, in Montreal, and Vancouver's Greater Mainland area. They're meant to change the thinking on green spaces, said the NCC study's lead author, Jérôme Dupras with l'Université du Québec en Outaouais.

Rather than areas to build, these spaces should be seen as green infrastructure, he said. Some cities are providing tax breaks to owners of significant green spaces, said Dupras.

ELECTIONS

Ranked ballots on way by 2022

Ryan Tumilty
Metro | Ottawa

Ottawa residents likely won't be voting with ranked ballots in 2018, but advocates for a change say it could still happen for the 2022 election.

City councillors accepted a report on changes to the 2018 election that have come about because of new provincial legislation, which includes a prohibition on corporate and union donations and the option for municipalities to run ranked ballot elections.

Staff didn't issue a specific recommendation, but noted a ranked ballot would cost more to run and be more complicated.

Coun. Diane Deans said she was not convinced that a ranked ballot would increase voter turnout.

"I think the more complicated you make it, the less likely you are to get people to vote," she said.

Colum Grove-White with the group Ottawa 123, who are hoping to see ranked ballots, told councillors they understood the hesitance, but something needs to change to increase turnout.

"We have not seen any policy proposal put forward by members of council to improve participation."

Grove-White suggested the city run a citizen's advisory panel where a group of citizens would come together and study the proposal with access to experts on how it would work.

"It puts information and power in the hands of citizens and it would depoliticize this process," he said.

He said he's hopeful a citizen panel could still happen next year.

AFN Chief Perry Bellegarde is embraced by Tragically Hip frontman Gord Downie after a ceremony honouring Downie in Gatineau, Que., Tuesday. THE CANADIAN PRESS

'Together and forever'

TRAGICALLY HIP

Indigenous leaders pay tribute to ailing Gord Downie

A frail-looking Gord Downie wept openly, wiping tears from his eyes, as indigenous leaders paid tribute to the ailing Tragically Hip frontman Tuesday for his efforts in forcing Canada to confront the legacy of residential schools.

Prime Minister Justin Trudeau stood nearby and watched as Downie, who has been diagnosed with a rare and incurable form of brain cancer, was honoured in a ceremony during the Assembly of First Nations special assembly in Gatineau, Que.

Trudeau, who has long championed a new relationship with Aboriginal Peoples, was there to unveil plans for an Indigenous Languages Act in hopes of preserving and revitalizing First Nations, Metis and Inuit languages in Canada.

Downie's Secret Path solo project honours 12-year-old Chanie Wenjack, who died in 1966 after running away from a residential school near Kenora, Ont. Proceeds from the album and graphic novel are being donated to the National Centre for Truth and Reconciliation at the University of Manitoba.

During a solemn and touching ceremony, Downie was given an eagle feather and swaddled in a star blanket, and also showered in indigenous gifts such as moccasins and blankets. He was anointed the "Man Who Walks Among the Stars."

In brief remarks, a visibly moved Downie acknowledged Canada's 150th anniversary celebrations next year, expressing the hope that the next 150 years will be better for all indigenous Canadians.

"It will take 150 years, or seven generations, to heal the wound of the residential school, to become a country that can truly call ourselves Canada. It means we must become one," Downie said, at times sounding short of breath.

"We must walk down a path of reconciliation from now on. Together and forever. This is the first day of forever. The greatest day of my life. The greatest day of all our lives."

THE CANADIAN PRESS

Trudeau introduces the Indigenous Languages Act

Prime Minister Justin Trudeau says the government will introduce an Indigenous Languages Act.

Trudeau made the announcement during a special assembly of First Nations leaders.

The act was co-developed with indigenous people and has the goal of preserving, protecting and revitalizing First Nations, Métis, and Inuit languages.

Trudeau says Canadians are working in unison to correct historical wrongs and to deal with the intergenerational trauma of indigenous people.

Trudeau remains under pressure from indigenous leaders to address the level of funding of child welfare services on reserves in the wake of a ruling from the Canadian Human Rights Tribunal. THE CANADIAN PRESS

Edmonton police arrest hate crime suspect

Kevin Maimann
Metro | Edmonton

Edmonton police have arrested a man suspected of committing a hate crime at an LRT station.

On Nov. 8, a man allegedly approached two young women wearing hijabs, fashioned a noose in a rope he took from his pocket and said it was meant for them. Investigators said the man then sang O Canada in front of the women, who were waiting at the University of Alberta LRT station.

A hate crime charge is possible.

Many questioned why police reported the incident nearly a month later, but the University of Alberta contacted police about the incident weeks later, according to a spokesman.

Tory leadership hopeful posts #LockHerUp tweet

Colin McNeil
Metro | Toronto

Hours before the Conservative Party of Canada's second leadership debate on Tuesday, one PC hopeful found himself in hot water for a post on social media.

Brad Trost, a Saskatoon MP, tweeted "Wanted to be there w my friend @calxandr supporting Albertans would've chanted w them #cpcldr #LockHerUp."

Trost was referring to "lock her up" chants heard at a rally attended by Chris Alexander, another Tory leadership candidate. The "her" was Alberta premier Rachel Notley.

Some were quick to point out Trost's comments come on Canada's National Day of Remembrance and Action on Violence Against Women, marking the anniversary of the 1989 murders of 14 young women at l'École Polytechnique de Montréal.

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Social media targets terror propaganda

TECHNOLOGY

Platforms increasingly a tool for recruitment

Facebook, Microsoft, Twitter and YouTube are joining forces to more quickly identify the worst terrorist propaganda and prevent it from spreading online.

The new program announced Monday would create a database of unique digital "fingerprints" to help automatically identify videos or images the companies could remove.

The move by the technology companies, which is expected to begin in early 2017, aims to assuage government concerns over social media content that is seen as increasingly driving terrorist recruitment and radicalization, while also balancing free-speech issues.

Technical details were being worked out, but Microsoft pioneered similar technology to detect, report and remove child pornography through such a database in 2009.

Social media has increasingly become a tool for recruiting and radicalization by Daesh and others. Its use by terror groups and supporters has added to the threat from so-called lone-wolf attacks and decreased the time from "flash to bang" — or radicalization to violence — with little or no time for law enforcement to follow evidentiary trails before an attack.

Under the new partnership, the companies promised to share among themselves "the most extreme and egregious terrorist images and videos we have removed from our services - content most likely to violate all our respective companies' content policies," according to a joint announcement Monday evening.

THE ASSOCIATED PRESS

MIDDLE EAST

SYRIAN GIRL TWEETING FROM ALEPPO FLEES HER HOME

Young Syrian girl Bana al-Abed, who with the help of her mother had been posting heartrending tweets in English on life in the besieged eastern districts of Aleppo, uses a smart-phone to check her Twitter account in her home in east Aleppo, on Oct. 12, 2016.

The seven-year-old, whose Twitter account gained international attention, has fled her home amid heavy fighting, but she and her family are safe for now, her father said Tuesday. AFP/GETTY IMAGES

GLOBAL DIGEST

OAKLAND

Death toll remains 36 in Oakland warehouse fire

As crews searched the Oakland warehouse for more bodies, the founder of the arts collective stood near the gutted building Tuesday morning and said he was "incredibly sorry" and that everything he did was to bring people together.

The death toll remains at 36, with officials saying that no additional bodies were recovered. THE ASSOCIATED PRESS

NORTH DAKOTA

Pipeline protesters weather storm

Some protesters who have been fighting the Dakota Access pipeline retreated to a nearby casino and area shelters overnight as a blizzard blew through, but many remained at a camp in southern North Dakota, according to protest organizers who say they're committed to maintaining the camp through the winter.

The storm brought more than half a foot of snow, wind gusts exceeding 50 mph and temperatures that felt as cold as 15 degrees below zero.

THE ASSOCIATED PRESS

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Kaoutar Belaaziz says call centre workers face swearing, racial slurs and sexually explicit comments. TORSTAR NEWS SERVICE

Call centre workers are people, too

LABOUR ISSUES

Campaign launched to urge protection for employees

Kaoutar Belaaziz says she has been told by customers that her name doesn't sound white, and that they want to speak to someone who is white.

"I've been asked if I am in Canada — if I am Canadian," said Belaaziz.

In addition, there is sometimes swearing, racial slurs, threats of violence or even sexually explicit comments.

That's why the union representing call centre workers is launching a campaign on Wednesday called Hang Up On Abuse, urging employers and governments to protect workers.

Like others in the service or retail industry where the mantra is "the customer is always right," the Telecommunications Workers Union, now part of United Steelworkers, wants call centre workers to be empowered to cut short calls with abusive or offensive callers.

"I have had co-workers who have been asked what colour panties they are wearing, or the colour of their nail polish," Michelle Dey, who has worked at a call centre for 25 years in Vancouver, said. "My co-worker who is black received a caller who said, 'Thank God, I'm speaking to a white person.'"

Lee Riggs, president of Local 1744 of the United Steelworkers, which represents about 10,000 call centre workers, said this campaign is not focusing on any specific company — but rather hoping to bring change altogether.

"This happens in all call centres. Employers need to recognize that this is abuse, and this abuse is harmful to the employees and it should be taken seriously," said Riggs, who estimates there are 175,000 call centre workers, and possibly more across Canada.

TORSTAR NEWS SERVICE

$15-20

What most call-centre employees earn, though pay can vary dramatically — from minimum wage to $30 an hour.

INFLATION

Brace for higher food prices next year

The typical Canadian family will spend up to $420 more on groceries and dining out next year, getting little relief from a recent drop in the cost of food, suggests a new report released Monday.

A study by researchers at Dalhousie University in Halifax estimates food inflation will increase in 2017, driven by a falling loonie and U.S. president-elect Donald Trump's first year in the White House.

Food prices overall are expected to rise between three and five per cent, with meat (especially chicken and pork), vegetables, fish and other seafood among those projected to jump by four to six per cent.

Fruit and nut prices are anticipated to go up between three and five per cent, while the costs of dairy, eggs, bakery goods and cereals are forecast to increase by up to two per cent. Restaurant costs will rise by two to four per cent, the report says.

Sylvain Charlebois, the report's lead author, says he wouldn't be surprised if next year's food inflation surpassed four per cent.

"I think 2016 was volatile and 2017 will be, at the very least, equally as volatile," Charlebois says.

Depending on where they live, Canadians will experience different levels of sticker shock at the grocery store and in restaurants, the report says.

Those living in Ontario and B.C. should prepare for above-average food inflation — around four to five per cent, says Charlebois.

The study says residents of Newfoundland and Labrador, New Brunswick, Quebec, Manitoba and Alberta should enjoy below-average price increases, while the remaining provinces and the Northwest Territories should expect average rises in food costs.

THE CANADIAN PRESS

IN BRIEF

Mine accused of not reporting mercury levels

Environmental group Wildlands League is accusing diamond miner De Beers Canada of failing to report mercury levels at a mine in northern Ontario near Attawapiskat First Nation, saying this has been going on since 2009. THE CANADIAN PRESS

market minute

DOLLAR 75.28¢ (–0.04¢)

TSX 15,125.80 (+30.63)

OIL $50.93 US (–86¢)

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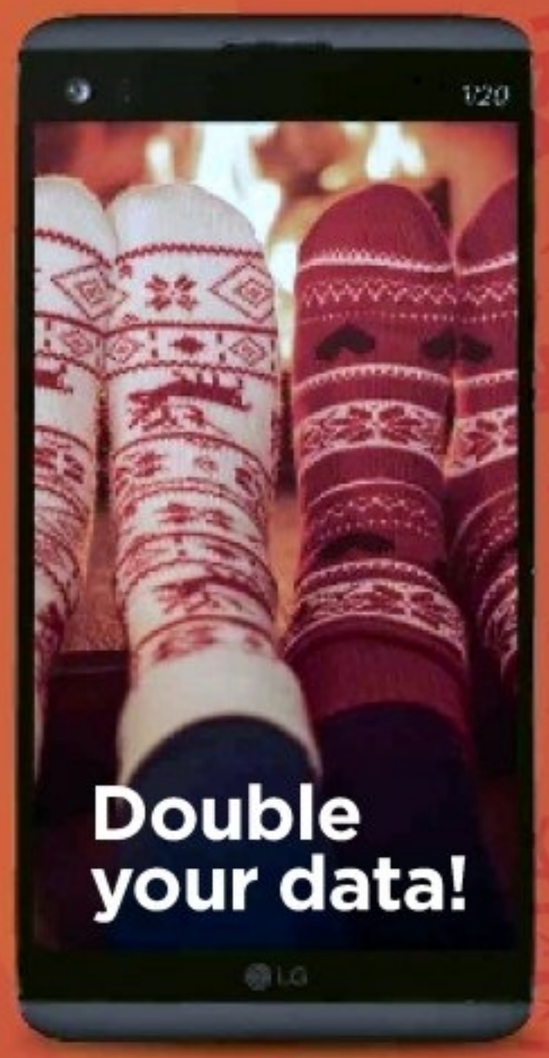

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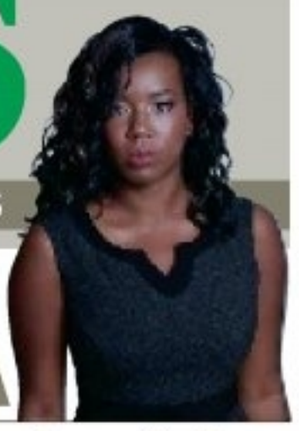
Wednesday, December 7, 2016



JESSICA ALLEN ON FAKE NEWS IN LIBERAL LAND

I had assumed that 'post-truth' wasn't for people who watch art films and read the Guardian. I was wrong.

Like most liberals, I had assumed that "post-truth" was a phenomenon confined to American conservative news organizations and the dot-org universe of people who still cannot fathom why the third tower fell — something for people who believed that an unscrupulous billionaire could be a champion of the poor. Post-truth wasn't for people who watch art films and read the Guardian.

I was wrong.

On Saturday afternoon, while Simon and I drove home after buying a Christmas tree, I checked Twitter.

"Whoa," I said, "apparently that woman from Last Tango in Paris…"

"Maria Schneider."

"Yes. Apparently Bertolucci and Brando didn't tell her about the butter scene. Wait. People are saying she was actually raped on camera. Was she?"

That scene, in which a stick of butter is used as lubricant before Marlon Brando's character sodomizes Schneider's, was one of many in the controversial 1972 film that led to international protests and a ban in Italy. It also helped earn Academy Award nominations for Bernardo Bertolucci, the director, and Brando, while Schneider, who struggled with the unexpected media attention, battled drug addiction and depression.

The link I clicked on came from Elle. The headline read: "Bertolucci Admits He Conspired to Shoot a Non-Consensual Rape Scene in 'Last Tango in Paris,'" which is just as confusing as the headline from Yahoo UK, whose story Elle aggregated. Yahoo's reportage hinged on a 2013 video, released this November, in which Bertolucci expresses guilt over how he and Brando came up with the scene the morning before shooting. They decided not to tell Schneider, who was 19 years old, "because I wanted her reaction as a girl, not as an actress," he said. "I wanted her to react humiliated."

What Bertolucci actually did was horrible and abusive … so why overstate the case?

TORRID AFFAIR Marlon Brando and Maria Schneider in Last Tango In Paris. UNITED ARTISTS/THE ASSOCIATED PRESS

And she was: "I felt humiliated and, to be honest, I felt a little raped, both by Marlon and by Bertolucci," Schneider herself told the Daily Mail in a 2007 interview. Yahoo referenced this line as well as Schneider's clarification that "even though what Marlon was doing wasn't real, I was crying real tears."

Elle omitted the latter detail, but they did include a content warning at the top of their story ("This article contains disturbing stories of rape and assault.") Hence what happened next: social media mayhem. Those who read Elle's story, or just the headline, concluded that Schneider had actually been raped on camera. Jessica Chastain tweeted, "To all the people that love this film- you're watching a 19yr old get raped by a 48yr old man. The director planned her attack. I feel sick." It's been retweeted 16,000 times. And those who attempted to correct the narrative were labelled rape apologists.

On Sunday, the Guardian published a piece by Melissa Silverstein. "This was rape where she was penetrated by a stick of butter," she wrote. "They actually took a prop and forced it inside her." Silverstein referenced the 2007 Daily Mail interview, having evidently not read it ("what Marlon was doing wasn't real") and then wrote an essay about rape culture in Hollywood whose thesis seems to be: rape is rape, even if it isn't actually rape.

On Monday, after New York-based journalist Mark Harris tweeted a link to a piece from The Wrap that set the record straight, he noted that Schneider "took pains to explain that it was an acted scene to prevent this exact misinterpretation." Schneider says in the Daily Mail interview that she was told about the scene the morning they shot it; admits that she liked her work in the film; that the best experience was her "encounter with Marlon"; that Bertolucci "is overrated"; and that she now enjoys simple pleasures. "'I like to see friends and go to the market and cook. But I never use butter to cook an more,' she laughs. 'Only olive oil.'"

What Bertolucci actually did was abusive and horrible. More horrible than Dustin Hoffman taunting Meryl Streep about the recent death of her partner John Cazale in order to fire her up before shooting an intense scene in Kramer vs. Kramer. More horrible than Alfred Hitchcock throwing ravens, doves and pigeons for five days at Tippi Hedren during filming of The Birds. So why muddle the facts?

Finally, on Monday, Bertolucci issued a statement: "I would like, for the last time, to clear up a ridiculous misunderstanding." He says "Maria knew everything because she had read the script, where it was all described. The only novelty was the idea of the butter."

Objective facts, those things somberly invoked by the people at the New York Times (who failed to fathom Trump) and the Guardian (who in their smug certainty missed Brexit), have been assailed by a media culture that treats tweets as news and by a public comfortable getting news from Chris Evans, who tweeted that Bertolucci and Brando "should both be in jail." (Does he know that Brando was granted immunity the day he died?)

Some years before Twitter, Yeats wrote: Things fall apart; the centre cannot hold; / mere anarchy is loosed upon the world."

Jessica Allen is the digital correspondent on CTV's The Social.

VICKY MOCHAMA

In assessing the far right, we need to acknowledge male mental health

While the ideologies of Islamist terrorists groups and white supremacists are worth deconstructing, part of their rise can also be explained by how they prey on loneliness, depression and isolation. In men, especially, our failure to address mental health can have dangerous effects.

Research by Beyond Blue, an Australian mental health organization, found that 25 per cent of men felt they don't have anyone outside of their immediate family to talk to; 41 per cent reported having one or two to talk to.

Jesse Hayman, director men's health promotions at Movember, told me, "If the first time a man is speaking about a mental health situation is with their doctor, then we've done something wrong." Experts find that social connectedness is not something men value. Cultural maxims on what "real men" do (and don't do, e.g., cry) then reinforce male isolation.

Isolated in the three-dimensional world, vulnerable men are finding digital spaces ready to exploit that vulnerability. The new vogue for ultra-right-wing conservatism mixed is the latest evolution of the Internet's "manosphere."' This space comprises oft-overlapping Internet groups like men's-rights activists, pick-up artists, Gamergate's misogynists and Reddit's Red Pill.

After the election of Trump, analyst Siyanda Mohutsiwa tweeted: "If people followed the alt-right groups on Reddit, they would know that young white Americans were told to hide their support of Trump."

The so-called alternative right aren't the only ones to insist followers keep a strict, potentially alienating divide between their public and political lives. As part of its recruiting plan, Daesh — commonly called ISIS — encourages recruits to live parallel lives. Most of the group's recruits are young and male. The group advises converts from the West to keep their new identities quiet lest they be suspected of radicalization.

Both online predators and cults use this method of asking others to be silent in their deceit. Still, this is little comfort for friends and family who suddenly find a man in their life is espousing hateful views.

Extremist groups offer a sense of belonging, community and purpose that belies their regressive and violent philosophies. It's an especially alluring offer for men who suffer silently with mental health issues. And when it comes to male mental health, we have a fuzzy picture. We know, for example, that men commit 80 per cent of suicides but that their reported rates of depression do not correlate.

Predatory groups with violent ideologies are stepping in to fill this gap. With better diagnosis and treatment, we could pre-empt the troubling and isolating behaviours that, as we're seeing, precede violent behaviours.

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Poland's top court upholds refusal to detain and extradite filmmaker Roman Polanski to the U.S.

Dispelling myths about protein

HEALTH

We can only metabolize so much per meal: dietician

Genna Buck
Metro

In the diet battles of the past few years, fat, sugar and carbohydrates have all taken hits to their reputations. Only protein came out looking like a champion.

Protein is hailed in fitness magazines and websites for its ability to help you stay lean, feel full and build muscle.

And that's all true. But the benefits don't continue going up the more protein you eat, says Ottawa dietician Helene Charlebois.

Despite what body builders and fad dieters knocking back protein-loaded shakes might tell you, "The newest research, from the University of Texas, shows we can't metabolize more than about 20 or 30 grams of protein per (meal)," Charlebois said.

And the rest? "Anything you eat in overabundance changes to fat and gets stored."

The marketplace hasn't got the message: According to research firm Euromonitor International, protein bars and powders take up a large and growing share of the "sports nutrition" category. Sales of such products in Canada were forecast by Euromonitor to grow by approximately $53 million to $311 million between 2013 and 2018.

Demand has also spiked for packaged foods with added protein and trendy plant-based proteins like pea and hemp. Euromonitor says. But, "Consumer awareness of recommended intake could pose a long-term threat" to growth.

Translation: People could realize they don't actually need hundreds of grams of protein a day.

According to Health Canada, close to 100 per cent of Canadian adults manage to get the minimum protein they need, which is defined as the recommended dietary allowance of 0.8 grams of protein per kilogram of body weight.

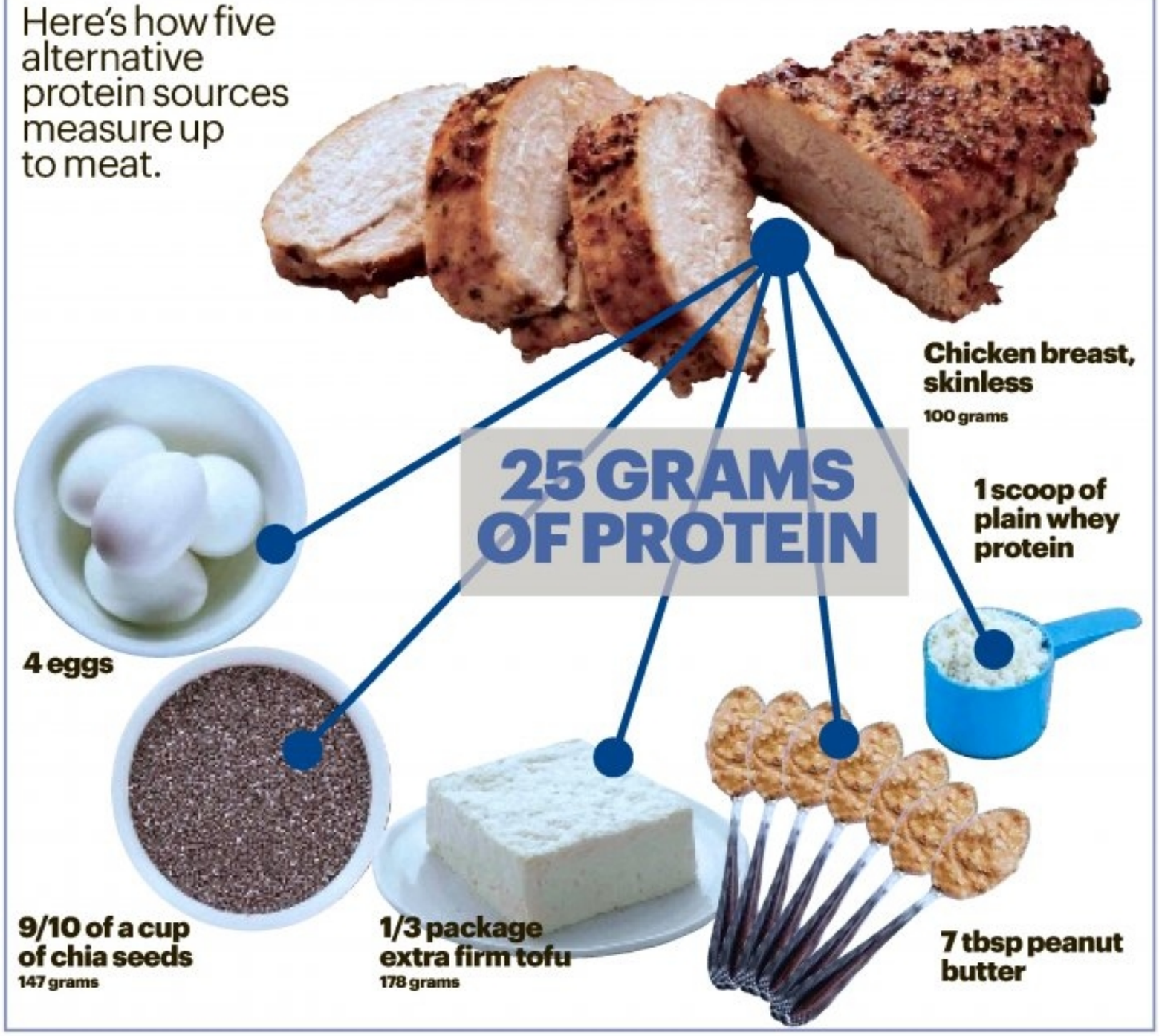
For a 150-pound person, that's at least 54 grams per day; more if you're very active, pregnant or nursing.

Go much beyond that, and all that protein powder is just an expensive drink.

Charlebois has a few tricks for making the most of your protein intake:

- Spread out high-protein foods throughout the day to maximize what you absorb.
- The amino acid leucine, abundant in dairy products, is the best for building muscle.
- Don't try to stick to a low-calorie diet that is high in carbs and low in protein, because it leaves you constantly craving that dopamine hit that comes with a sugar high.
- Never forget the "bridging" snack: 5 to 10 grams of protein in the afternoon. Peanut butter and crackers, or a boiled egg will do the trick, "so you don't rip the fridge door off at supper."

Here's how five alternative protein sources measure up to meat.



CONTRIBUTED

You don't know Jack!

Why Jack Nicholson will live forever

Few actors have ignited every decade of their career with re-invention and award-winning performances like Jack Nicholson. From his humble beginning in Roger Corman movies in the '60s to his 12 Oscar nominations across five decades, Nicholson has always found a new way to connect with audiences.

Although he started his career as a writer in the 1960s, Nicholson's big acting break came at the end of the decade when Dennis Hopper brought him on as a last-minute replacement for Rip Torn in 1969's Easy Rider. After his electric performance netted him a Best Supporting Actor Oscar nomination, there was no turning back.

In the 1970s, Nicholson crafted some of the decade's most iconic roles. Five Easy Pieces, The Last Detail and Chinatown were instant cinema classics, but it was his work in 1976's One Flew Over the Cuckoo's Nest that finally won him a Best Actor Oscar. The role packed an extra punch as Nicholson, an icon of '60s rebellion, was torn apart by the repressive forces of the '70s.

Though Nicholson started the '80s displaying his terrifying intensity in movies like The Shining and The Postman Always Rings Twice, it was his lighter side that connected as he entered middle age. The levity he added to Terms of Endearment earned him his second Oscar, and he continued to channel his manic comedic energy into roles throughout the decade in films like The Witches of Eastwick, Broadcast News and Batman.

By the '90s, Nicholson was a master of his craft, switching from intense roles like Col. Nathan Jessup in A Few Good Men to his Oscar-winning comedic performance of the wounded Melvin Udall in As Good As It Gets. Nicholson continued to prove his versatility in the 2000s, getting laughs in Something's Gotta Give, while still terrifying audiences in Martin Scorsese's The Departed.

Rediscover Jack Nicholson's biggest hits and critically acclaimed performances. The Hollywood Suite free preview is on now until Jan. 5! Enjoy the best movies of the '70s, '80s, '90s and 2000s uncut and commercial-free on four HDTV channels and On Demand, available on most TV providers.

Catch a Jack Nicholson double bill of The Witches of Eastwick and The Postman Always Rings Twice tonight on Hollywood Suite, and tune in during the free preview for more Nicholson classics including Five Easy Pieces (1970), The Shining (1980), A Few Good Men (1993) and Something's Gotta Give (2003). Learn more at hollywoodsuite.ca/freepreview.

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Nutella-stuffed cookies

HOLIDAY BAKING

Satisfy any sweet tooth with this easy recipe

There's nothing wrong with the easy three-ingredient cookie recipe on the Kraft label, but how about we step it up by creating a gooey Nutella filling? Adapted from Handle The Heat blog, these large cookies will satisfy any sweet tooth.

These Nutella-stuffed peanut butter cookies are sure to satisfy your sweet tooth this holiday season. TORSTAR NEWS SERVICE

Nutella-stuffed Peanut Butter Cookies
Make about 20 cookies

Cookie tip: When making cookies with surprise centres (be it Nutella or jam), chill the filling beforehand so it doesn't ooze into the dough and make a mess.

Ingredients:
- 1-379 g jar of Nutella
- 1 cup (250 mL) room temperature unsalted butter
- 1 cup (250 mL) granulated sugar
- 1 cup (250 mL) packed brown sugar
- 1 cup (250 mL) creamy peanut butter
- 2 large eggs
- 2 tsp (10 mL) vanilla extract
- 1 tsp (5 mL) baking powder
- 2 tsp (10 mL) hot water
- 1/2 tsp (2 mL) salt
- 3 cups (750 mL) all-purpose flour

Directions:

1. Place jar of Nutella in freezer.

2. In a stand mixer with a paddle attachment on medium speed, cream butter, sugars and peanut butter until smooth and fluffy. Add eggs and vanilla. Continue to mix until smooth and fluffy.

3. In a small bowl, dissolve baking powder in hot water. Add mixture to batter. Add salt. Continue to mix until well-incorporated.

4. Reduce mixing speed to low. Add flour slowly and mix until just combined.

5. Scoop 2 tablespoon-sized dough balls on a lined baking sheet. Cover loosely with plastic wrap and refrigerate for 30 minutes.

6. Prepare two baking sheets lined with parchment paper or silicone baking mats.

7. Remove dough from fridge and flatten to about 1-cm thickness with back of flat spatula.

8. Remove Nutella from freezer. Scoop 1 teaspoon of chilled Nutella and place in centre of a flattened dough ball. Form dough around Nutella, creating a ball and sealing Nutella in centre. Flatten again with back of spatula to about 1-cm thickness. Using back of fork. Repeat with remaining dough.

9. Transfer cookies to baking sheet. Bake at 350F (175C) for 20 to 25 minutes or until the edges begin to turn golden-brown. Remove from oven and let rest for 5 minutes before transferring to wire rack to cool completely.
Store in an airtight container for up to a week for freeze for up to a month.

ANIMAL HEALTH

Medical marijuana is going to the dogs

Genna Buck
Metro

Thanks to easy access at the dispensaries popping up on every street corner, city-dwellers across Canada are turning to marijuana to soothe their creaky old bones.

And if it works for you, why not for an elderly or ailing pet?

Tamara Hirsh, owner of Pacifico, stocks Apawthecary brand marijuana-infused dog treats and tinctures at her dispensaries in Toronto and Hamilton, Ont.

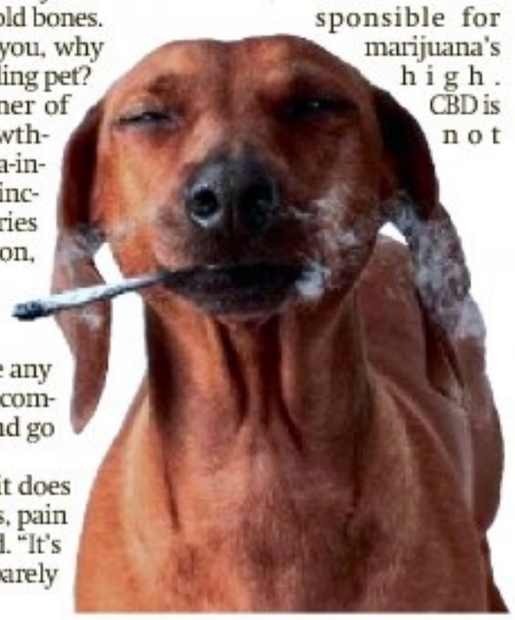
She claims there are no side effects.

"You can really take any dose," she said. "We recommend you start low and go slow."

"It works a lot like it does in people," for seizures, pain and arthritis, Hirsh said. "It's instant relief. We can barely keep it on the shelf."

Half a dropper of the tincture contains 120 mg of cannabidiol, or CBD, one of the major active compounds in marijuana. That's roughly the same dose a human using the drug for insomnia or epilepsy would take.

The doggie products don't have THC, the chemical responsible for marijuana's high. CBD is not mind-altering, and some studies have shown it helps ease anxiety, seizures and nausea.



WARNING

If you're going on anecdotes and Internet testimonials that marijuana is great for pooches' pain and other complaints, think again. Experts don't recommend it.

CBD also has fewer side effects than THC, but they're poorly understood. And like most medications, it's toxic in high doses. Animal studies suggest the danger zone is anything above 30 mg of CBD per kilogram of body weight.

But we don't know — and that's the problem, explained Dr. Kathleen Alcock, a veterinarian at the Downtown Animal Hospital in Toronto.

Alcock has a longstanding interest in pain medicine and is looking into how she could be able to dispense medical marijuana to pets. However, the College of Veterinarians of Ontario does not currently allow it.

She was also firm about feeding Fido products from a dispensary: Don't do it.

"This is not a do-no-harm thing," she said. "It certainly shouldn't be sold over the counter."

Alcock said she sees about one case of marijuana poisoning per month. Cats and dogs are "exquisitely sensitive" to cannabis, and she said they get twitchy and "sedated to the point of respiratory failure" after getting into their human's stash. Even one cookie or one joint can cause serious problems.

It's not clear what chemical – CBD, THC, or something else – is causing these effects, Alcock added: "The answer is, we don't know. The studies haven't been done."

PHOTO ILLUSTRATION BY ANDRES PLANA/METRO

Which gift cards should you buy

Once considered unthoughtful, gift cards are now high in demand among Canadians, with more than half hoping to find one under their tree Christmas morning, according to a survey by CardHub, a website that allows consumers to buy and sell gift cards.

Gift givers are expected to spend an average of $173 on plastic, but, Gonzales warns, not all gift cards are created equal in the eyes of receivers.

The season's most popular cards

CardHub released its projections for the season's most popular gift cards. Among them are Visa, Amazon and American Express. The reason? People are looking for cards that allow them flexibility with their purchases, explains Gonzales. "You can get so many things [with a Visa gift card] than say a Sephora gift card that's only for makeup or an Ikea gift card that's only for furniture." Other cards in the Top 10 included Walmart, Starbucks and Google Play.

CONTRIBUTED

Online tops the list

With online shopping growing in popularity, Gonzales says receivers are also looking for gift cards they can use without leaving their house. Cards for online retailers like Amazon, iTunes and eBay also topped the popularity chart, coming in second, fourth and ninth place respectfully.

ADD SOME SPARKLE TO YOUR HOLIDAY GIFT LIST THIS YEAR

True Bijoux can work with any budget to add a little sparkle under the tree this holiday season.

The Ottawa jeweller has exclusive pieces by high-end designers like Belle Étoile, Thomas Sabo, and Todd Reed, but because their shop at 206 Sparks St. includes a full design studio, their master jewellers and design team can also create beautiful custom pieces to fit any price range.

"Because we're manufacturers we have much more flexibility than a traditional jewellery store," says True Bijoux owner Lindsay Appotive. "So if someone says they want Kim Kardashian's ring but they only have a $3,000 budget, we can work with that and we can give them that look."

The shop includes a fashion collection made up of unique, one-of-a-kind pieces recreated from old, dismantled jewellery, and a large collection of vintage jewellery.

"Our vintage collection has everything from the early 19th century to more modern times," says Appotive.

Over the holidays True Bijoux has special pricing on their collection of fancy cut larger diamonds, including pear, radiant, and princess cuts.

"I was able to get them from a supplier at great prices so I'm passing it down to the consumer," explains Appotive. "People get engaged during the holiday season so I thought why not add some more sizzle."

Go to truebijoux.ca to see all of their fabulous jewellery finds.

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Audi's Lunar Quattro Rover to explore the moon next year

The quintessential crossover

REVIEW

CR-V brings all the necessary ingredients

Dan Ilika
AutoGuide.com

As far as crossovers go, it doesn't get much more quintessential than the Honda CR-V.

It hit the market all the way back in 1997, long before the term "crossover" was even in vogue, and has quietly dominated ever since.

With a new version hitting the market for 2017, it now comes powered by a turbocharged engine in what could be the CR-V's biggest change since Honda scrapped the tailgate-mounted spare tire.

The vast majority of new CR-Vs set to hit dealers will be powered by a turbocharged 1.5-litre. Borrowed from the Civic, the four-cylinder receives a few minor tweaks before serving under the hood of Honda's popular CUV, including a revised turbine and a slightly lower compression ratio.

The benefits of turbocharging a crossover like the CR-V aren't necessarily going to show up on paper, or even at the pumps. Both available engines make a similar amount of power while fuel economy improves only marginally with the 1.5-litre under the hood. Instead, it's how the pair of four-cylinders deliver power, and when they deliver it, that is markedly different.

The only transmission offered in the CR-V is of the continuously variable automatic nature. Fundamentally the same as the CVT offered in the Civic, it does well at tricking both driver and passenger into believing it's a traditionally geared automatic thanks to its simulated shift points and almost impenetrable noise insulation that keeps its whining from creeping into the cabin.

Setting out on an indirect trek from Monterey, Calif., to San Francisco in a Touring model with all-wheel drive, it was on the highway that the new CR-V showcased its improved drive the most, and not just for its impressive adaptive cruise control.

While a little rigid and truck-like, the fourth-generation CR-V offers a tremendously smooth ride aided by its new suspension that features struts up front and a multi-link setup around back, and fluid-filled bushings at all four corners. Combined with improved cabin quietness, the only complaint on the highway is rooted in a lane departure warning system that can be somewhat erratic, recognizing patched cracks in the asphalt as lane markings and sending a pulse through the steering wheel.

Off the highway, the CR-V's car-like steering system proved a worthy companion. Weighted a little heavily, or at least heavier than the last CR-V, the setup is very nimble and easy.

This new fourth-generation model brings all the necessary ingredients — turbocharged engine, spacious interior and attractive design — that are sure to keep the CR-V among the segment leaders for years to come.

THE CHECKLIST | 2017 HONDA CR-V

THE BASICS

Engine: 2.4L four-cylinder; 1.5L turbo four-cylinder
Power: 184 hp, 180 lb-ft; 190 hp, 179 lb-ft
Transmission: Continuously-variable auto
Fuel Economy (L/100 km): 9.4 city, 7.6 hwy; 8.7 city, 7.1 hwy (4WD)
Price: Starts at $26,500 (est.)

LOVE IT

- Roomy rear seats
- Generous cargo capacity
- Available safety features

LEAVE IT

- Erratic lane departure warning
- 2.4-litre base engine

FORD

New Fiesta packs big technology punch

Jason Siu
AutoGuide.com

The next-generation Ford Fiesta has been unveiled and the little hatch will arrive in the North America as a 2018 model year car.

Introduced at a special event in Cologne, Germany, the all-new Ford Fiesta will be available in four variants in Europe: Upscale Vignale, sporty ST-Line, stylish Titanium and Active crossover. Like the new Chevrolet Spark Activ, the Fiesta Active features a high-riding body with crossover styling cues.

Along with a stylish redesign that gives the Fiesta a more mature look, the American automaker focused heavily on the interior and high-tech features.

It continues to be built on Ford's Global B platform, allowing the American automaker to save money on research and development.

It is also the first Ford model to deliver a premium B&O PLAY Sound System, accompanied by a SYNC 3 communications and entertainment system presented on an eight-inch floating high-definition touchscreen.

According to Ford, 20 buttons have been removed from the dash thanks to the new system.

Advanced safety features include a new anti-collision system that detects objects more than 130 metres in front of the car, and if the driver doesn't react in time, it will automatically brake to prevent an accident.

It's just one of 15 new driver assistance features on the Fiesta, including Active Park Assist, Blind Spot Information, Cross Traffic Alert and Lane Keeping Assist.

In Europe, there will be a range of turbocharged and naturally aspirated three-cylinder gasoline engines available, as well as a new TDCi model that is the most powerful diesel Fiesta ever.

It will also feature the 1.0-litre EcoBoost, which is the world's first three-cylinder engine to feature cylinder deactivation. Expect to hear details on the North American version of the Ford Fiesta closer to its launch in 2018.

Ford has focused on the interior and high-tech features for the 2018 Fiesta. HANDOUT

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CANADA'S BEST-SELLING MINIVAN FOR MORE THAN 32 YEARS

Starting From Price for 2016 Dodge Grand Caravan Crew shown: $29,895.◊

PURCHASE FOR ONLY

$20,999

PURCHASE PRICE INCLUDES $8,000 CONSUMER CASH,* FREIGHT, A/C CHARGE, TIRE LEVY AND OMVIC FEE. TAXES EXCLUDED. OTHER RETAILER CHARGES MAY APPLY.+

INCLUDES **$8,000** IN TOTAL DISCOUNTS◊

STEP UP TO

THE 2016 ULTIMATE FAMILY PACKAGE

AND GET **$12,850** IN TOTAL DISCOUNTS◊

INCLUDES **$500** HOLIDAY BONUS CASH^Ω

(HOLIDAY BONUS CASH CAN BE ISSUED AS A CHEQUE)

- Tri-zone temperature control
- Uconnect® hands free
- Entertainment group
- SXT Plus group

2016 DODGE JOURNEY CANADA VALUE PACKAGE – THE MOST VERSATILE CROSSOVER IN ITS CLASS^

PURCHASE FOR ONLY

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PURCHASE PRICE INCLUDES $2,250 CONSUMER CASH,* FREIGHT, A/C CHARGE, TIRE LEVY AND OMVIC FEE. TAXES EXCLUDED. OTHER RETAILER CHARGES MAY APPLY.+

INCLUDES **$2,250** IN TOTAL DISCOUNTS◊

STEP UP TO

THE 2016 ULTIMATE FAMILY PACKAGE

AND GET **$6,700** IN TOTAL DISCOUNTS◊

INCLUDES **$500** HOLIDAY BONUS CASH^Ω

(HOLIDAY BONUS CASH CAN BE ISSUED AS A CHEQUE)

Starting From Price for 2016 Dodge Journey Crossroad shown: $32,140.◊

- Navigation and sound group
- Uconnect® hands free
- Rear seat DVD

2016 JEEP CHEROKEE NORTH FWD – BEST-IN-CLASS CAPABILITY[1]

Starting From Price for 2016 Jeep Cherokee North shown: $32,290.◊

$165 @ 1.99% BI-WEEKLY FINANCING➤ FOR 96 MONTHS WITH $0 DOWN

THAT'S LIKE PAYING ONLY $83 A WEEK!

OR CHOOSE **0%** FINANCING† FOR 84 MONTHS ON MOST MODELS

AND GET **$1,500** IN TOTAL DISCOUNTS^■ ON MOST MODELS

- Heated front seats, steering wheel & exterior mirrors
- Uconnect® 8.4 Multimedia Centre
- Hands-free communication with Bluetooth® & SiriusXM™ satellite radio
- ParkView® Rear Back-up Camera
- Remote Start System

LEASE A VERY WELL-EQUIPPED 2017 RAM 1500 CREW SPORT 4X4!

FROM

$369 MONTHLY†† @ **0%** FOR 39 MONTHS WITH $1,999 DOWN/$500 SECURITY DEPOSIT ORDER MAY BE REQUIRED

THAT'S LIKE PAYING ONLY $85 A WEEK!

Starting From Price for 2016 Ram 1500 Sport with Performance Hood shown: 42,135.◊

- Uconnect® 8.4 multimedia centre with 8.4-inch touchscreen (NAV-ready)
- ParkView® Rear Back-up Camera with view-at-speed capability
- 20-inch polished aluminum with silver painted pockets
- 5.7 HEMI® VVT V8 engine with FuelSaver MDS
- Body-colour front fascia, rear bumper and grille
- Park-Sense® Rear Park Assist System
- Sport Performance Hood
- Remote start system

REBUILDING YOUR CREDIT? SPECIAL RATES AS LOW AS 4.99% OAC≈

+Your local retailer may charge additional fees for administration/pre-delivery that can range from $0 to $1,098 and anti-theft/safety products that can range from $0 to $1,298. Charges may vary by retailer.

CHRYSLER DODGE Jeep. RAM

chryslercanada.ca/offers

Wise customers read the fine print: Ω, †, ◊, ^, ➤, ■, ††, ×, ≈, § The Big Cash Holiday Sales Event offers are limited time offers which apply to retail deliveries of selected in-stock new and unused models purchased/leased from participating retailers on or after December 1, 2016. Offers subject to change and may be extended or changed without notice. All pricing includes freight ($1,795), air-conditioning charge (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Financing and lease offers available to qualified customers on approved credit. Retailer order/trade may be necessary. Retailer may sell for less. ΩUp to $1,000 Holiday Bonus Cash is available on select new 2016/2017 Chrysler, Jeep, Dodge, Ram or Fiat models at participating dealers from December 1, 2016 to January 3, 2017, inclusive. Bonus Cash will be deducted from the negotiated purchase/lease price after taxes or may be issued as a cheque. Maximum $1,000 Holiday Bonus Cash only available on select Ram 1500 and 2500/3500 models. Offer available at participating dealers. See dealer for complete details and exclusions. †0% purchase financing for 84 months available on select new models to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: $30,000 financed at 0% for 84 months equals 182 bi-weekly payments of $165, a total obligation of $30,000 and $0 cost of financing. ◊$12,850 in Total Discounts available on the 2016 Dodge Grand Caravan SXT Ultimate Family Package model based on the following: $11,500 Consumer Cash Discount, $850 Bonus Cash and $500 Holiday Bonus Cash. $6,700 in Total Discounts available on the 2016 Dodge Journey SXT Ultimate Family Package model based on the following: $5,000 Consumer Cash and $500 Holiday Bonus Cash and $1,200 Bonus Cash. See your retailer for complete details. *Consumer Cash is deducted from the negotiated price before taxes. Bonus Cash is deducted after taxes. ➤$83 a week is for advertising purposes only and is not an available offer. 1.99% purchase financing for up to 96 months available on select new 2016 models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Example: 2016 Jeep Cherokee North FWD (24J) with a Purchase Price of $31,777 with a $0 down payment, financed at 1.99% for 96 months equals 208 bi-weekly payments of $165 with a cost of borrowing of $2,623 and a total obligation of $34,399.82. ■Jeep Loyalty/Conquest Bonus Cash up to $1,000 is available on the retail purchase/lease of 2016 Jeep Compass (excludes base 26D, 26G, 25D & 26D models), Patriot (excludes base 26D, 26G, 25D & 26D models), Cherokee (excludes all Sport models), Renegade or Grand Cherokee and is deducted from the negotiated price after taxes. Eligible customers include: Current owners/lessees of a Jeep or any other manufacturer's CUV or SUV. The vehicle must have been owned/leased by the eligible customer and registered in their name on or before December 1, 2016. Proof of ownership/lease agreement will be required. Limit one bonus cash offer up to $1,000 per eligible transaction. Some conditions apply. See your retailer for complete details. ††$85 a week is for advertising purposes only and is not an available offer. 0% lease financing for up to 39 months available through SCI Lease Corp. to qualified customers on applicable new 2017 models at participating retailers. SCI provides all credit approval, funding and leasing services. Retailer order/trade may be necessary. Example: 2017 Ram 1500 Crew Cab Sport 4x4 (26L) with a Purchase Price of $42,114 leased at 0% for 39 months with a $500 security deposit, $1,999 down payment and first month's payment due at lease inception equals 39 monthly payments of $369 with a cost of borrowing of $0 (including $60.25 PPSA registration) and a total obligation of $16,432.95. Kilometre allowance of 18,000/year. Cost of $0.16 per excess kilometre plus applicable taxes at lease termination. 2017 Ram 1500 Crew Cab Sport 4x4 (26L) models may require order and be subject to a delay. If the lease residual value changes during this period, the lease terms such as down payment and/or monthly payments could also change. See your retailer for complete details. ≈Non-prime financing available on select models on approved credit. 4.99%/6.99% financing available on select 2016 models. Financing examples: Purchase Price of $30,000 with a $1,000 down payment, financed at 4.99%/6.99% over 84 months, equals 182 bi-weekly payments of $189/$202 with a cost of borrowing of $5,418.76/$7,753.86 and a total finance obligation of $34,418.76/$36,753.86. Some conditions apply. See your retailer for complete details. ×$1,500 Ram Truck Loyalty/Conquest/Skilled Trades Bonus Cash is available on the retail purchase/lease of 2016/2017 Ram 1500 (excludes Regular Cab), 2015/2016/2017 Ram 2500/3500/Cab & Chassis, or 2015 Ram Cargo Van and is deducted from the negotiated price after taxes. Eligible customers include: 1. Current owners/lessees of a Dodge or Ram Pickup Truck or Large Van or any other manufacturer's Pickup Truck or Large Van. The vehicle must have been owned/leased by the eligible customer and registered in their name on or before December 1, 2016. Proof of ownership/lease agreement will be required. 2. Customers who are skilled tradesmen or are acquiring a skilled trade. This includes Licensed Tradesmen, Certified Journeymen or customers who have completed Apprenticeship Certification. A copy of the Trade Licence/Certification required. 3. Customers who are Basumier Approved service providers. Proof of membership is required. Limit one $1,500 bonus cash offer per eligible truck transaction. Some conditions apply. See your retailer for complete details. §Starting From Prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. ^Based on the latest available competitive information and WardsAuto Middle Cross Utility segmentation. Excludes other vehicles designed and manufactured by FCA US LLC. Based on availability of I-4 and V6 powertrains, front-wheel drive and all-wheel drive, 5 and 7 passenger seating, second-row removable in-floor storage bins, integrated child booster seats, front-passenger in-seat storage and forward fold-flat front passenger seat. ΩBased on 2014 WardsAuto Middle Cross Utility segmentation. *Jeep is a registered trademark of FCA US LLC used under license by FCA Canada Inc. **The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

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DODGE CARAVAN KIDS

metro SPORTS

Jose Mourinho's agent says the Manchester United manager paid more than 26 million euros in taxes when he lived in Spain from 2010-13

Sid outdoes himself with scoring surge

NHL

Crosby leads league in goals despite missing first six games

Sidney Crosby can't seem to find the right word for what's happening. If the Pittsburgh Penguins captain is being honest, he is not really interested in finding one. He would rather just enjoy a hot streak that is bordering on absurd even by his remarkably high standards.

The two-time MVP's 17 goals lead the NHL just over a quarter of the way into the season, even though he missed the first six games while recovering from a concussion. Even though injuries have forced head coach Mike Sullivan to shake up his lines. Even though Crosby insists he hasn't made some sort of conscious decision to pepper the opposing net.

"You can call it whatever you want," Crosby said.

Just don't call it luck.

"You don't get puck luck (that many) times," teammate Patric Hornqvist said. "I just think he's in the right spot at the right time."

Over and over and over again.

The game's most creative player is in the midst of a rebirth at 29, a renaissance that coincided with Sullivan's arrival last December. It's a union that has propelled Crosby to some of the finest hockey of his career. He captured the Conn Smythe Trophy as playoff MVP last June after the Penguins won their fourth Stanley Cup title and he hardly looked weary from a shorter than usual summer while captaining Team Canada to a remarkably easy stroll to the gold medal in the World Cup of Hockey in September.

The player who appeared on the other side of his prime a year ago has reclaimed his spot as face of the sport and appears in no mood to give up the mantle anytime soon. Not that Crosby wants to talk about it. He figures he's just doing what he's always done.

"I'm in the same spots, the same areas," said Crosby, who is putting the puck on net 3.5 times per game, just a slight uptick from with his usual average. "When you think it's going in you tend to shoot a little bit more because you feel good, you believe it's going in ... When you're struggling a little bit, you feel you need to bring it closer or pass up a shot and make a pass. I think that's normal for everybody. That's pretty common."

Crosby has only led the NHL in goals once, when he poured in 51 in 2009-10. He was on his way to doing it again the following year when a hit to the head in the 2011 Winter Classic against Washington sent him on a nomadic path back that robbed him of the better part of two seasons. Some wondered if the magic would ever return in full.

It's also why the concussion he suffered in an early October practice raised so many alarm bells. Yet he preached calm instead of panic as he recovered, then went out and scored in his season debut against Florida as if to tell everyone to relax. It also started a run that shows no signs of slowing down.

"There's no really great way to describe it," he said. "You just hope it keeps going in."

THE ASSOCIATED PRESS

Sidney Crosby has recorded 17 goals and 10 assists through 20 games. BRUCE BENNETT/GETTY IMAGES

23.9

Crosby's shooting percentage of 23.9 is the best among players with at least 50 shots on net going into Tuesday's action.

MLB

Red Sox bolster rotation with Sale

No surprise that Chris Sale got traded. The real shocker? That the Boston Red Sox swooped in to snag him.

The reloading Red Sox pulled off the biggest deal yet at the winter meetings, acquiring the dominant ace from the Chicago White Sox on Tuesday for a hefty package of four prospects.

"The ability to get a Chris Sale doesn't come along very often," Boston president of baseball operations Dave Dombrowski said.

> **That's a big one. That's a blockbuster. That was a wow.**
> Yankees GM Brian Cashman

Sale joins an already talented rotation with the AL East champions, now pitching alongside 2016 AL Cy Young Award winner Rick Porcello and former winner David Price. He leaves behind a shredded reputation in Chicago, suspended by the team last summer after he flew into a rage and cut up retro uniforms that club was supposed to wear.

The 27-year-old Sale has been an all-star in each of the last five seasons, but has never played in the playoffs. To get him, Boston traded high-priced third baseman Yoan Moncada, considered by many the top young talent in baseball, along with pitchers Michael Kopech and Victor Diaz, and outfielder Luis Basabe.

Also on Tuesday, Boston acquired right-handed reliever Tyler Thornburg from the Milwaukee Brewers in a package that included infielder Travis Shaw. THE ASSOCIATED PRESS

Chris Sale was 17-10 with a 3.34 ERA and 233 strikeouts this year. GETTY IMAGES

SNOWBOARDING

Back injury pushes Maltais to retire

Dominique Maltais of Petite-Riviere-Saint-Francois, Que., won the Crystal Globe five times. GETTY IMAGES FILE

Canada's Dominique Maltais is retiring from competitive snowboarding.

She battled a back injury last season and has not been able to recover enough to allow her to compete at the highest level.

Maltais won bronze in snowboard-cross at the 2006 Olympics in Turin and won silver at the 2014 Games in Sochi.

She reached the podium 38 times over 77 World Cup starts (15 gold, 13 silver, 10 bronze).

THE CANADIAN PRESS

IN BRIEF

Former Heisman winner's body found in a park

Heisman Trophy winner Rashaan Salaam was found dead Monday night in a Boulder park less than two miles from Folsom Field, where he carved his name into the University of Colorado record books as one of the greatest players in the program's history.

The Boulder County coroner's office was still investigating the cause of the death of the 42-year-old, who won the Heisman in 1994. THE ASSOCIATED PRESS

HEAD INJURIES

Dryden urges more player protection

Hockey legend Ken Dryden laid down a challenge Tuesday to sports executives in charge of leagues and federations to do more to protect athletes from the debilitating effects of head injuries.

In a blunt speech, Dryden took aim at the culture around concussions and drew a connecting line between head injuries and brain disease.

> **It is time for the decision-makers to catch up with the scientists.**
> Ken Dryden

His keynote address at a one-day conference organized by Gov. Gen. David Johnston came two weeks after CFL commissioner Jeffrey Orridge said the science about football-related head trauma and brain disease is inconclusive. THE CANADIAN PRESS

MAKE IT TONIGHT

Savoury Salmon Cakes

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

In the run up to the holidays, it feels good to add some lighter dinners to your roster (we all know what's coming!). These lean yet satisfying salmon cakes fit the bill perfectly.

Ready in 1 hour 10 minutes
Prep time: 50 minutes
Cook time: 20 minutes
Serving: 6

Ingredients
- 2 large Yukon Gold potatoes, peeled and chopped
- 2 tbsp vegetable oil
- 1 leek, washed well, sliced in half and thinly sliced
- 2 5 oz tins salmon, drained
- 2 tbsp fresh dill, chopped fine
- 1/4 cup mayonnaise

Directions

1. Simmer potatoes until tender in boiling water. Drain and mash. It will make about 2 cups of mashed potatoes. Allow them to cool slightly.

2. Gently combine salmon, potatoes, leeks and dill. Blend in mayonnaise and a pinch of salt and pepper.

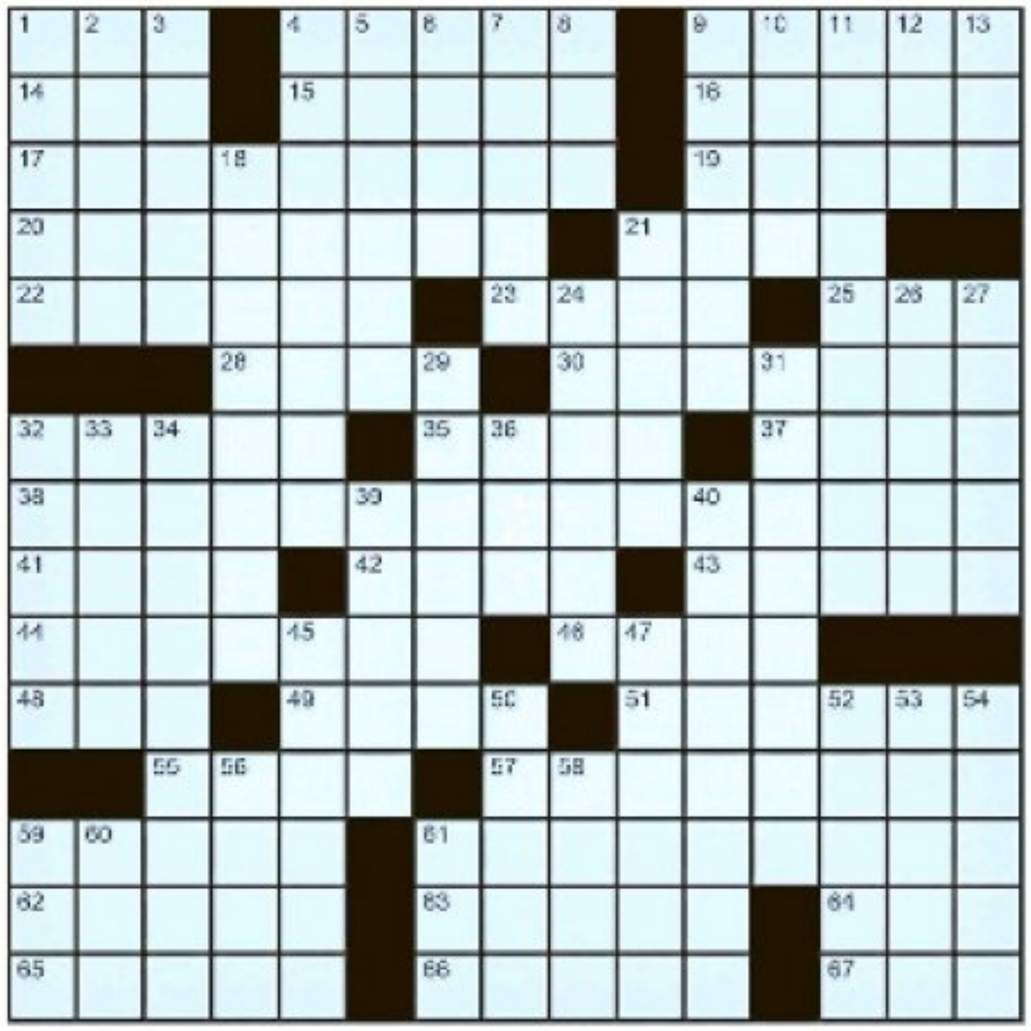
3. Form into about 12 patties - about 2 1/2 inches across and maybe 1/2 inch thick and place on a plate. Cover and refrigerate for at least an hour.

4. Heat some vegetable oil until hot but not smoking. Fry the cakes — don't over crowd the pan, you'll have a hard time flipping them — for about five minutes a side.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Famous British mysteries writer (b.1890 - d.1976) ...her initials-sharers
4. Fern 'seed'
9. The _ Land (T.S. Eliot poem)
14. _-Jongg
15. Reserved, as a restaurant table
16. Be of service
17. Teaching
19. Yearned
20. One of the chosen
21. "_ Me Kate" (1953)
22. Position
23. Hold off
25. Ship signal
28. Pet fish's home
30. Three-pronged spear
32. Make it on Billboard
35. 1949-created intl. alliance
37. Famed designer of Art Deco
38. CRTC = Canadian _-_ and Telecommunications Commission
41. Antiquities
42. Richard Burton war movie, "The Desert _" (1953)
43. Drums partners in marching bands
44. Cafe in Joni Mitchell's "Carey"
46. Plucked guitar string sound
48. Lid's protectee
49. Piquancy
51. Becomes keyed up
55. Gulf War missile
57. Isn't dignified, is this
59. Dancer in Madonna's "Vogue"
61. Finishes up a client's hair at the salon: 2 wds.
62. Bless with oil, quaintly
63. Take _ _ at (Attempt)
64. Purchaser's li'l slip
65. Survives
66. The Congo's former name
67. Scottish songstress Ms. Tunstall, et al.

DOWN
1. Makes _ _ (Is untidy)
2. Future soldier
3. Legendary NFL coach Don
4. Quick-and-clipped, as in music
5. "Eight Is Enough" star, Dick Van _
6. "_ from Muskogee" by Merle Haggard
7. Freshen
8. High School subj.
9. Elk
10. Notice: French
11. Helvetica's style as a typeface
12. Catch up, in sports
13. Long ago
18. Moderatism
21. Russian ballet company
24. Certify
26. The way ballerinas dance: 2 wds.
27. British WWII submachine guns
29. Works the bread dough
31. Member of the Order of Canada... Simon Chang's occupation
32. Dare Maple Leaf _ Cookies
33. "The Sixth Sense" (1999) star, _ Joel Osment
34. Mailing destinations
36. Carol of fashion covers
39. Sampled
40. Just in case a situation calls for it: 3 wds.
45. Blue tones
47. Pacifism shmacifism ...put up your dukes!: 2 wds.
50. _, Oklahoma
52. Insincere smile
53. President-_ Donald J. Trump
54. Methods, for short
56. Human of Hibernia
58. Posh way to exclaim "That wasn't my fault!": 2 wds.
59. Chum
60. "Diva _ _ Dime"
61. Australian director Mr. Luhrmann

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Don't worry if you feel uncertain or indecisive about things today. That's just the way things are. In fact, a lot of people feel this way today.

Taurus April 21 - May 21
You might be confused by a friend today. Or this confusion could relate to your dealings with a group, club or association. Obviously, don't volunteer for anything.

Gemini May 22 - June 21
Dealings with parents, bosses and VIPs are uncertain today. If you're not sure what's happening, do nothing. Don't volunteer; don't agree to anything important.

Cancer June 22 - July 23
This is a good day to break free from your usual routine. You will appreciate the arts and crafts of other cultures today, however, avoid major purchases. Just shop with your eyes.

Leo July 24 - Aug. 23
This is a poor day to make important financial decisions, especially regarding inheritances and shared property. Wait until tomorrow to do this.

Virgo Aug. 24 - Sept. 23
Be co-operative with others today, because the Moon is opposite your sign. However, postpone important discussions until tomorrow. Just coast today and keep things light.

Libra Sept. 24 - Oct. 23
Your work routine will be interrupted with silly mistakes and delays today. It's hard to really get going and become productive. Don't be tough on yourself, because everyone feels this way today.

Scorpio Oct. 24 - Nov. 22
This is a wonderful, creative day for you! If you work in the arts or the entertainment world, you will be productive. Enjoy social activities and playful times with children.

Sagittarius Nov. 23 - Dec. 21
Today you might want to hide at home and keep a low profile. During family discussions, do not agree to anything important. Sleep on it.

Capricorn Dec. 22 - Jan. 20
Short trips and conversations with everyone will please you today. This is a good day to fill your databank, but postpone making important discussions until tomorrow.

Aquarius Jan. 21 - Feb. 19
Guard your finances today. Do not shop for anything other than gas or food. This is a loosey-goosey day that is poor for making financial decisions.

Pisces
Feb. 20 - March 20
Today the Moon is in your sign, which makes you more emotional. However, you also feel a bit aimless and without direction. This feeling will be gone by tomorrow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	4		9					6
1	9		6				8	
		5		8		2		
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1	7	5	3	8	9	6	4	2
4	8	6	2	7	1	3	9	5
9	3	2	6	4	5	8	1	7
6	5	4	1	9	7	2	3	8
8	2	1	4	5	3	7	6	9
7	9	3	8	2	6	4	5	1
5	4	9	7	6	2	1	8	3
2	1	8	5	3	4	9	7	6
3	6	7	9	1	8	5	2	4

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Dealers may charge additional fees for administration of up to $499. Charges may vary by dealer.

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®/™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. All other trademarks are the property of their respective owners. ▽Ottawa favourite brand statement based on January to December 2015 Polk sales report of Hyundai vehicles in competing segments.*Purchase, finance or lease a new 2017 Elantra L Manual/2017 Tucson 2.0 FWD/2016 Sonata Ultimate and you will receive a $750/$750/$5,000 Prepaid Credit Card. Amount applied/provided after taxes. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. The Prepaid Credit Card is subject to any terms, conditions, and restrictions as may be applicable to such card. Hyundai Auto Canada Corp. accepts no responsibility whatsoever for arranging for any redemption of the Prepaid Credit Card, the sole responsibility of which rests with the customer. Hyundai Auto Canada Corp. accepts no responsibility for any products or services (or the provision of same) related to or arising from the redemption of the Prepaid Credit Card. See your local Hyundai dealer for details. ΩFinance a new 2017 Santa Fe Sport 2.4L FWD and you will receive a $2,000 Prepaid Credit Card. Amount applied/provided after taxes and available on finance purchases only. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. The Prepaid Credit Card is subject to any terms, conditions, and restrictions as may be applicable to such card. Hyundai Auto Canada Corp. accepts no responsibility whatsoever for arranging for any redemption of the Prepaid Credit Card, the sole responsibility of which rests with the customer. Hyundai Auto Canada Corp. accepts no responsibility for any products or services (or the provision of same) related to or arising from the redemption of the Prepaid Credit Card. See your local Hyundai dealer for details. ◊Leasing offers available O.A.C. from Hyundai Financial Services based on a new 2017 Elantra L Manual with an annual lease rate of 0.9%. Weekly lease payment of $49 for a 48-month walk-away lease. Down payment of $0 and first monthly payment required. Total lease obligation is $10,192. Lease offers include Delivery and Destination charges of $1,695, levies, and all applicable charges (excluding HST). Lease offer excludes registration, insurance, PPSA, license fees and dealer admin. fees of up to $499. Fees may vary by dealer. $0 security deposit on all models. 16,000 km allowance per year applies. Additional charge of $0.12/km. †Finance offers available O.A.C. from Hyundai Financial Services based on the 2017 Tucson 2.0L FWD/2017 Santa Fe Sport 2.4L FWD/2016 Sonata Ultimate models with an annual finance rate of 0.9%/0.9%/0%. Weekly payments are $76/$87/$241 for 84/84/36 months. $0 down payment required. Cash price is $26,045/$27,627/$33,081. Cost of borrowing is $799/$921/$0. Finance offers include Delivery and Destinstion charge of $1,795/$1,895/$1,795 levies and all applicable charges (excluding HST). Finance offers exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to $499. Fees may vary by dealer. ♦Prices of models shown: 2017 Elantra Ultimate/2017 Tucson 1.6T Ultimate/2017 Santa Fe Sport 2.0T Ultimate/2016 Sonata 2.0T Ultimate are $30,627/$40,527/$46,627/$37,627. Prices include Delivery and Destination charges of 1,695/$1,795/$1,895/$1,795, levies and all applicable charges (excluding HST). Prices exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to $499. Fees may vary by dealer. *ΩΦ†♦Offers available for a limited time and subject to change or cancellation without notice. Dealer may sell for less. Inventory is limited, dealer order may be required. Visit www.hyundaicanada.com or see dealer for complete details. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.